

## **Physical Development and Health**

### **Physical Development Goal: Children engage in play to develop their physical bodies**

#### **PD 1. Gross Motor Development: Children increasing move their bodies in ways that demonstrate control, balance, and coordination**

##### **3 Year Olds**

- 1.1 Move with some balance and control while walking, running, jumping, marching and hopping
- 1.2 Coordinate movements to perform simple tasks

##### **4 Year Olds**

- 1.1 Move with some balance and control while walking, running, jumping, marching, hopping and galloping
- 1.2 Coordinate movements to perform more complex tasks

##### **5 Year Olds**

- 1.1 Move with some balance and control, varying speed, rhythm, gait and direction
- 1.2 Coordinate movements to perform a variety of tasks

#### **PD 2. Fine Motor Control: Children use their fingers and hands in ways that develop hand to eye coordination, strength, control and small object manipulation**

##### **3Year Olds**

- 2.1 Use strength and control to perform simple tasks
- 2.2 Use hand to eye coordination to perform simple tasks
- 2.3 Explore the use of various drawing tools

##### **4 Year Olds**

- 2.1 Use strength and control to perform more complex tasks
- 2.2 Use hand to eye coordination to perform more complex tasks
- 2.3 Show beginning control of drawing and writing tools

##### **5 Year Olds**

- 2.1 Use strength and control to accomplish a variety of skilled tasks
- 2.2 Use hand to eye coordination to perform a wide variety of tasks
- 2.3 Use drawing and writing tools with some control and purpose

## **Health Goal: Children use play and other activities as a means to understand healthy behavior**

**PD 3. Personal Health: Children understand how daily activity and healthy behavior promote overall personal health, physical fitness and safety**

### **3 Year Olds**

- 3.1 Perform simple self-care tasks
- 3.2 Follow basic health rules with reminders
- 3.3 Follow basic safety rules with reminders
- 3.4 Demonstrate adequate stamina for typical activities

### **4 Year Olds**

- 3.1 Perform some self-care tasks independently
- 3.2 Follow basic health rules most of the time
- 3.3 Follow basic safety rules most of the time
- 3.4 Demonstrate adequate stamina and strength for program activities

### **5 Year Olds**

- 3.1 Perform most self-care tasks independently
- 3.2 Show understanding of and follow basic health rules
- 3.3 Show understanding of and follow basic safety rules
- 3.4 Demonstrate adequate stamina and strength for program activities